

Steamed Broccoli

Ingredients:

- 8 cups broccoli florets
- 3/4 cup vegetable broth
- 1/4 cup water
- 1 tablespoon lemon juice
- 1 clove garlic, crushed
- 2 tablespoons fresh parsley, chopped



Directions:

In a large pot, add about one inch of water. Place steam basket inside pot. Add broccoli, cover and steam 2 - 3 minutes. Remove from steamer to large bowl.

Whisk together vegetable broth and next four ingredients. Pour over broccoli and mix thoroughly. Serve hot.

Serves 8

Nutrition information per serving:

Calories: 30

Protein: 2.4 g

Carbohydrate: 4.9 g

Fat: 0.1 g (3% of calories from fat)

Cholesterol: 0 mg

Sodium: 116 mg

<http://www.pcrm.org/health/recipes/christmas.html>